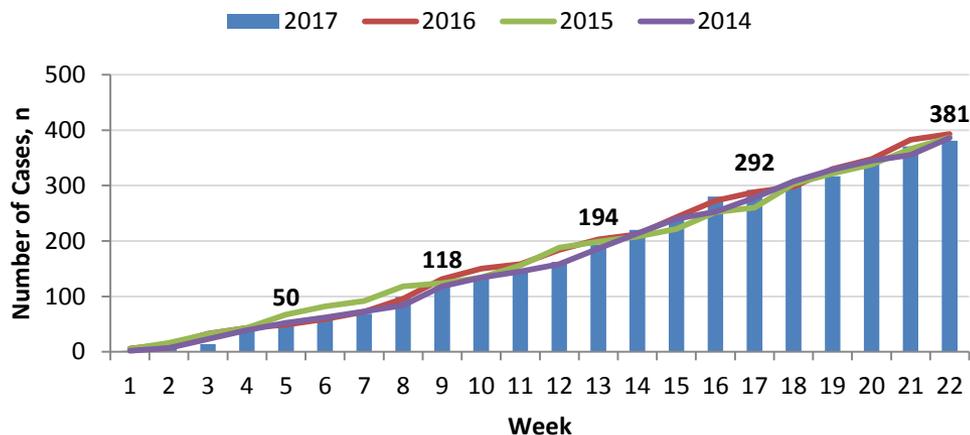


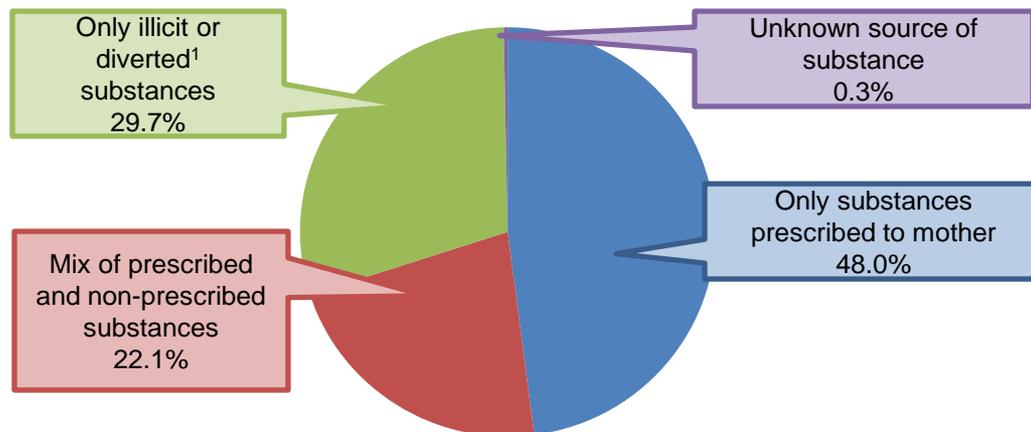
# Neonatal Abstinence Syndrome Surveillance

## May Update (Data through 06/03/2017)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **381 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2017.
- In the majority of NAS cases (**70.1%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2017 have occurred in the Northeast and Upper Cumberland Health Regions, and Sullivan County.

**NAS Prevention Highlight** – The Centers for Disease Control and Prevention conducts “Grand Rounds” to educate professionals and the public. At the “[Primary Prevention and Public Health Strategies to Prevent Neonatal Abstinence Syndrome](#)” grand rounds website, you can see how CDC is working with state and local partners to develop better policies for opioid prescribing among pregnant women. Partners can reverse the prescription drug overdose epidemic by improving data quality; scaling up public health interventions; and by supplying health care providers with resources to improve patient safety. Click [here](#) to see a video presentation about how providers and patients can work together to prevent NAS by learning more about the choices they make.

### Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>2</sup>	% Cases
Medication assisted treatment	248	65.1
Legal prescription of an opioid pain reliever	25	6.6
Legal prescription of a non-opioid	23	6.0
Prescription opioid obtained without a prescription	109	28.6
Non-opioid prescription substance obtained without a prescription	56	14.7
Heroin	23	6.0
Other non-prescription substance	72	18.9
No known exposure	1	0.3
Other	31	8.1

### NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	33	8.3
East	72	22.6
Hamilton	14	8.1
Jackson/Madison	4	8.2
Knox	41	19.5
Mid-Cumberland	35	5.5
North East	60	44.2
Shelby	9	1.7
South Central	21	11.1
South East	16	11.3
Sullivan	26	44.6
Upper Cumberland	41	28.1
West	9	3.8
<b>Total</b>	<b>381</b>	<b>11.9</b>

### NAS Prevention Opportunities

#### Women of Childbearing Age

- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).
- Taking opioids during pregnancy can cause birth defects. Many women taking opioids may not know they are pregnant and may unknowingly expose their unborn child.
- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.

#### Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

#### Everyone

- Get help for substance abuse at 1-800-662-HELP.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

#### Notes

1. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
2. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

More information on Neonatal Abstinence Syndrome in Tennessee can be found here: <http://tn.gov/health/topic/nas>

For questions or additional information, contact Dr. Angela Miller at [angela.m.miller@tn.gov](mailto:angela.m.miller@tn.gov)